

# Legend



## What is RPE?

RPE stands for “Rate of Perceived Exertion”; this is used to gauge intensity during cardiovascular workouts. RPE 1 or RPE 2 would be a light walk with minimal effort, while RPE 9 or RPE 10 would be a full-blown sprint.

**Always consult with your physician before starting any new exercise program!**

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# BOSS Jog

Advanced: 15 Minutes



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					2.5	3.5	4.5	1		
Day 2					2.5	3.5	4.5	1		
Day 3					2.5	3.5	3.5	1.5	0.5	
Day 4					1.5	4	4	1.5	0.5	
Day 5					1.5	4	4	1.5	1	
Day 6					1.5	4	4	2	0.5	
Day 7					1	4.5	3.5	2	1	
Day 8					0.5	4.5	3.5	2.5	1	
Day 9					0.5	4.5	3.5	2.5	1	
Day 10						4.5	3.5	2.5	1	
Day 11						4.5	3.5	2.5	1	
Day 12						4.5	3	3	1.5	
Day 13						4	3	3	1.5	0.5
Day 14						4	2.5	2.5	1.5	0.5
Day 15						4	2.5	2.5	1.5	1
Day 16						4	2.5	2.5	1.5	1
Day 17						3.5	2.5	2.5	2	1
Day 18						2.5	2.5	2.5	2.5	1
Day 19						3.5	2.5	2.5	2.5	1
Day 20						3.5	2.5	2.5	2.5	1
Day 21						3.5	2.5	2.5	2.5	1
Day 22						3.5	2.5	2.5	2.5	1
Day 23						3.5	2.5	2.5	2.5	1
Day 24						3.5	2.5	2.5	2.5	1
Day 25						3.5	2.5	2.5	2.5	1

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# BOSS Jog

Advanced: 30 Minutes



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					4	6	8	2		
Day 2					4.5	5.5	8	2.5		
Day 3					3.5	6.5	8	2.5	0.5	
Day 4					3.5	6.5	7.5	2.5	0.5	
Day 5					2.5	6.5	7.5	3.5	1	
Day 6					2	7	7	3	1	
Day 7					1.5	7.5	6.5	3.5	1.5	
Day 8					1	7.5	6.5	3.5	1.5	
Day 9					0.5	8	6	4	2	
Day 10						8	6	4	2	
Day 11						8	5.5	4.5	2.5	
Day 12						8	6	3.5	2.5	0.5
Day 13						7.5	6	4	2.5	0.5
Day 14						7.5	5	4	2.5	1
Day 15						7	5	3.5	3.5	1.5
Day 16						6.5	5	4	4	1.5
Day 17						6.5	4	4	4	2
Day 18						6.5	4	4	4	2.5
Day 19						5.5	4.5	4.5	4.5	2
Day 20						6	4	4	4	2
Day 21						6	4	4	4	2
Day 22						6	4	4	4	2
Day 23						6	4	4	4	2
Day 24						6	4	4	4	2
Day 25						6	4	4	4	2

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# BOSS Jog

Advanced: 45 Minutes



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					7	10.5	14	3.5		
Day 2					6.5	10.5	14.5	4		
Day 3					6.5	11.5	13	4	1	
Day 4					5	11.5	12.5	5	1	
Day 5					4	12.5	12.5	5	1.5	
Day 6					4	12.5	12.5	5	2	
Day 7					2.5	13	12	6	2.5	
Day 8					1.5	14	11.5	6.5	2.5	
Day 9					1	14	10.5	7	3.5	
Day 10						14	10.5	7	3.5	
Day 11						14.5	10.5	6.5	4	
Day 12						14	10	7	4.5	0.5
Day 13						13.5	9.5	7	4	1
Day 14						12	9.5	7	5.5	1.5
Day 15						12.5	8.5	7	5.5	2
Day 16						11.5	8.5	7	5.5	3
Day 17						12	7.5	7.5	6	3
Day 18						10.5	7.5	7.5	7.5	3
Day 19						11	7	7	7	4
Day 20						10.5	7	7	7	3.5
Day 21						10.5	7	7	7	3.5
Day 22						10.5	7	7	7	3.5
Day 23						10.5	7	7	7	3.5
Day 24						10.5	7	7	7	3.5
Day 25						10.5	7	7	7	3.5

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# BOSS Jog

Advanced: 1 Hour



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					10	15.5	19.5	5.5		
Day 2					10	15	20	5		
Day 3					8.5	15.5	19.5	6	1	
Day 4					7	16.5	18.5	7	1.5	
Day 5					6	17.5	17.5	7	2.5	
Day 6					4.5	17	17	8	3.5	
Day 7					3.5	18.5	17	8	3.5	
Day 8					2.5	18.5	16.5	9	4.5	
Day 9					1.5	19.5	16	9	4.5	
Day 10						19.5	15.5	10	5.5	
Day 11						20	15	10	5	
Day 12						18.5	15	10	6.5	0.5
Day 13						18	14	10.5	6.5	1.5
Day 14						17.5	12.5	10	7.5	2.5
Day 15						17.5	12.5	9.5	8	3
Day 16						16.5	12.5	9.5	8	4
Day 17						16.5	11	9.5	9.5	4
Day 18						15.5	10	10	10	5.5
Day 19						15	10	10	10	5
Day 20						15.5	10	10	10	5.5
Day 21						15.5	10	10	10	5.5
Day 22						15.5	10	10	10	5.5
Day 23						15.5	10	10	10	5.5
Day 24						15.5	10	10	10	5.5
Day 25						15.5	10	10	10	5.5

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# BOSS Jog

Advanced: 1:15 Hours



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					12.5	19.5	26.5	7		
Day 2					13	19.5	26	6.5		
Day 3					11.5	20	25	7.5	1	
Day 4					9	21	25	9	2	
Day 5					7.5	22.5	24	9	2.5	
Day 6					6	23	23	10	3.5	
Day 7					5	24	21.5	11	5	
Day 8					2.5	24.5	21	11.5	6	
Day 9					1.5	26	20	12	6	
Day 10						26.5	19.5	12.5	7	
Day 11						26	19.5	13	6.5	
Day 12						25.5	19	12	8	1
Day 13						25	18	12.5	8.5	2
Day 14						23.5	16.5	12.5	10	3
Day 15						22.5	15.5	13	10	4.5
Day 16						22	14.5	13	11.5	4.5
Day 17						21	13.5	13.5	12	6
Day 18						19	13	13	13	7.5
Day 19						19.5	13	13	13	6.5
Day 20						20	13	13	13	7
Day 21						20	13	13	13	7
Day 22						20	13	13	13	7
Day 23						20	13	13	13	7
Day 24						20	13	13	13	7
Day 25						20	13	13	13	7

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# BOSS Jog

Advanced: 1:30 Hours



*Total daily duration for each  
Rate of Perceived Exertion (RPE), in minutes*

	1	2	3	4	5	6	7	8	9	10
Day 1					16	24	32	8		
Day 2					15.5	24.5	32.5	8		
Day 3					14	25.5	30.5	9	1.5	
Day 4					11.5	26.5	30	10	2.5	
Day 5					10	27	28.5	11	4	
Day 6					7.5	28	28	12	5	
Day 7					6	30	26.5	13.5	5	
Day 8					3.5	30.5	26	14	6	
Day 9					2.5	31.5	24.5	15	7	
Day 10						32	24	16	8	
Day 11						33	23.5	16	8	
Day 12						31	23	16	9.5	1
Day 13						30	22	16.5	9.5	3
Day 14						29	21	16.5	11	3
Day 15						28	20	15.5	13	4.5
Day 16						27	18.5	15.5	14	5.5
Day 17						26	17.5	16	14.5	7.5
Day 18						24	16.5	16.5	16.5	7.5
Day 19						25	16	16	16	8
Day 20						24	16	16	16	8
Day 21						24	16	16	16	8
Day 22						24	16	16	16	8
Day 23						24	16	16	16	8
Day 24						24	16	16	16	8
Day 25						24	16	16	16	8

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